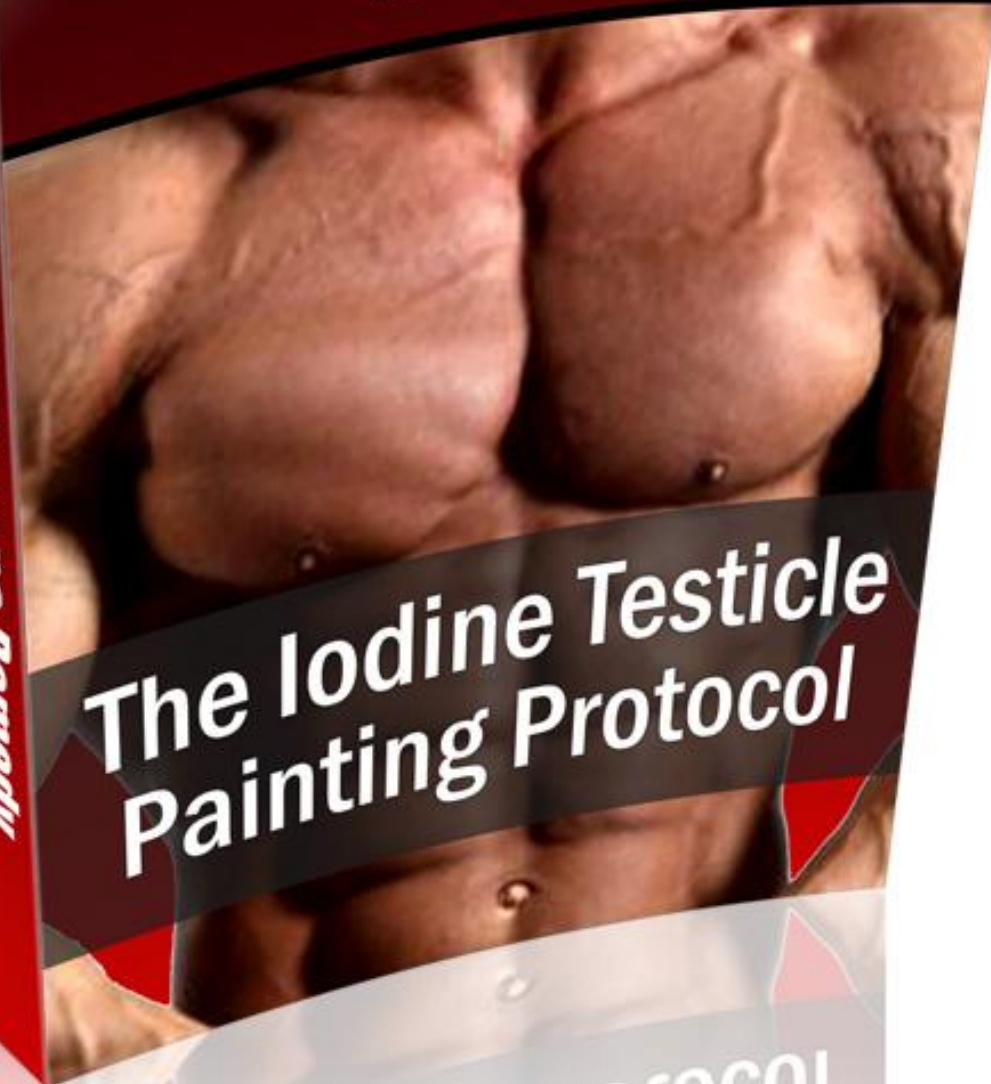


# The Low Testosterone Remedy

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## The Iodine Testicle Painting Protocol

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# BOOK THREE:

## The Iodine Testicle Painting Protocol



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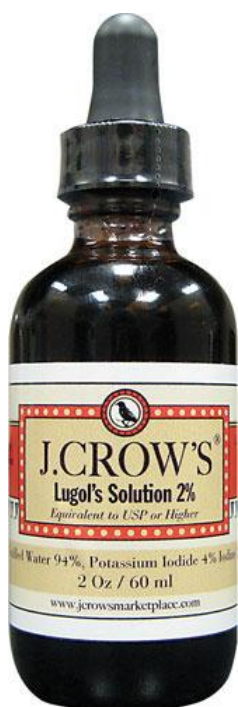
## The Iodine Testicle Painting Protocol



Below you'll find the instructions for the Iodine Painting Protocol.

Make sure you read this booklet from top to bottom *BEFORE* beginning.

Let's get started...



**Question:**

What type Iodine are we using?

**Answer:**

The recommended Iodine is Lugol's liquid 2% Solution. Nascent, Magnascent, Detoxified, Atomidine, Iosol and Prolamine will not give you the results you're looking for. Kelp supplements should also be avoided because kelp contains arsenic, halides and other toxins. So stick with the Lugol's brand as long as you follow this protocol, and you'll be good to go..

**Question:**

How many milligrams are there in one drop of Lugol's 2% solution?

**Answer:**

Approx - 3 mg of Iodine per drop.

**Question:**

How much Iodine do I need to take?

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### Answer:

Everyone needs different amounts based on their body's ability to utilize the Iodine and other co-factors.

For our purposes, we're going to start with a conservative dose of 27 mg daily.

So between the oral dose and the testicle painting - you should use 9 drops total of the 2% Lugol's liquid solution per day.

You can slowly increase the dose after a two week trial period up to 40 mg if your body is responding well.

### Question:

When should I take my Iodine?

### Answer:

Iodine should be taken with meals, as food enhances absorption.

Your last dose of the day should be taken no later than 2 pm, because Iodine increases energy and metabolism.

If you take it later than 2pm, it will make it difficult to fall into a deep sleep that night.

### Question:

How long should I take Iodine?

### Answer:

After sexual function has improved you should drop down to a maintenance dosage of anywhere between 10 to 20 mgs.

I personally plan on taking mine for life and you should consider doing the same.

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The exception would be men who consume plenty of dietary Iodine, such as those living in Japan where consumption is already high.

### Question:

Is there anything else I need to take?

### Answer:

Yes, you need to load with real salt while you're on this protocol as it will reduce detox symptoms. Real salt will also increase your uptake of more than 60 trace minerals your body needs to make this protocol work.

### Question:

How much salt should I take?

### Answer:

1/2 teaspoon of real salt dissolved in warm water. Followed immediately with 12-16 oz of pure water.

If you experience detox symptoms repeat every this step every 45 minutes until copious urination begins. Acceptable brands of salt include...

Celtic Sea Salt. Himalayan Pink. Real Salt Brand. (all easily found at your local natural market).

### Question:

So I may I experience detox symptoms?

### Answer:

Yes, detox may occur as your body flushes out bromide, fluoride, chlorine, mercury and other halides. If you experience any of the following your body is probably going

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through a detox...

- Sweating
- Runny nose
- Excessive dreaming
- Tingling in hands or feet
- Strong body or urine odor

### Question:

What should I do if these symptoms come on too strong?

### Answer:

Continue Salt Loading and follow this Pulse Dose protocol...

Take the iodine for 5 days straight. Then take 2 days off. But continue to take all the co-factors on your two days off.

This will drastically reduce your symptoms. Once the symptoms have cooled, switch back to the standard protocol.

### Question:

Please outline the exact dosing schedule of the Iodine and other co-factors?

### Answer:

Here are the four steps...

#### Step 1:

Rub 4 sprays of magnesium oil onto your stomach, chest, inner thighs and two sprays onto your testicles every morning while showering. Leave the oil on for 2 minutes. Once



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you're finished, rinse and then towel off.

### Step 2:

While your body is still warm and slightly damp, coat your testicles with 3 drops of liquid iodine. Then let them air dry. If your skin becomes sensitive to the iodine you can mix it with a small amount of light olive oil, grape seed oil or refined coconut oil. You should also avoid placing the iodine in the exact same spot every day to prevent skin irritation.

### Step 3:

Just before your first meal of the day place 3 drops of iodine directly underneath your tongue. Then hold until it's been completely absorbed. Place 3 more drops under your tongue later in the day with more food. (before 2pm)

If you can't stand the taste, you can add the iodine to water, coffee or juice.

### Step 4:

Take the 5 co-factor supplements along with your first dose of iodine.

### Question:

What are the dosages of each co-factor?

### Answer:

- Source Naturals Selenium: 1 tablet
- Now Foods Vitamins D & K: 2 capsules
- American Health Ester-C, 500 mg: 4 Capsules
- ATP Cofactors: 1 Capsule of each
- Magnesium Oil: 4 sprays on the body - 2 sprays on the testicles

### Question:

What else should I be doing while following this protocol?



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### Answer:

Keep following all the T-Boosting methods listed on my website including...

Cycling supplements - chemical avoidance - sunlight exposure - deep sleep - quality foods - hormone boosting exercise, etc...

This protocol will enhance everything else you're doing, so keep it all up.



### Question:

What else do I need to know?

### Answer:

You've got a wild ride ahead of you so I suggest you enjoy the process. This means don't coast along and play the passive observer...

Instead, grab this beast by both horns and do something with it! Sex with your partner should be your first order of business, so make sure you get that going.

### Next...

Avoid the temptation to masturbate excessively once your sex drive returns. And make sure you never crawl out of bed without achieving a morning erection first.

Also, work to create a mind body connection between your brain and your testicles...

A 3 minutes massage twice daily will get this connection going. If you can get your partner to do the evening massage, even better.

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### Finally...

Place a huge emphasis on your sex drive, morning erections and semen production once you get rolling.

Do this and you'll create some strong sexual momentum...

Momentum you can build upon to achieve the sexually fit body you want and deserve.

You've got everything you need to get started now - so you can begin the protocol tomorrow morning.

I look forward to hearing about your progress in the coming weeks.

Good luck!

Mark